

HEALTH & WELLNESS

The University has a [nationally accredited](#) health and wellness program.

Health and Counseling Fee

All UNH students who take five or more credit hours/semester are required to pay the UNH health and counseling fees. These fees allow students to access services at Health & Wellness and/or Psychological and Counseling Services on campus, and cover many services at no or reduced cost. When combined with a student's health insurance coverage, the health and counseling fees provide for a complete health care package. A student's health insurance is never billed for services covered by the UNH health and counseling fee.

Health Insurance

UNH requires health insurance as a condition of enrollment for full-time degree students at its Durham, Manchester, and Concord campuses. Students who already have a health insurance plan that meets or exceeds the established UNH waiver criteria are able to waive coverage under the University-sponsored by completing a waiver prior to the deadline. International students with F-1 and J-1 visas are required to purchase the UNH Student Health Benefits Plan (SHBP). [Learn more about the SHBP and the waiver process here.](#)

Health Record Requirement

Undergraduate students who have been formally accepted to a degree program are required to have health information on file with UNH Health & Wellness. The three requirements to be completed and submitted by the student online are:

1. a physical assessment,
2. immunization form, and
3. a health history form

Documentation of proof of vaccination or immunity to MMR (measles, mumps, and rubella) is required ([UNH Academic Policy 02.14](#)) and is typically shown on the immunization form. It is the responsibility of students to provide the documentation before attending any classes. Any student failing to complete these requirements may be prevented from registering for future classes.

Prior to matriculation at a member institution within the University System of New Hampshire (USNH), all undergraduate and graduate students are required to provide proof of immunization or demonstrate their immunity to specific vaccine-preventable diseases as outlined below.

Required*:

- Measles, Mumps, Rubella (MMR): 2 doses at least 28 days apart, initiated after 12 months of age, or immune titers
- Meningococcal (ACWY): 1 dose required within 5 years of enrollment; a booster dose required if initial dose administered prior to age 16
- Tetanus, Diphtheria, Pertussis (Tdap): within 10 years, after completion of primary series
- Chicken Pox (Varicella): two doses of vaccine, separated by four to eight weeks, or immune titer

Strongly Recommended:

- Influenza: annually
- Hepatitis B: series of 3 doses

**Students failing to meet these criteria upon arrival on campus will be denied registration.*

[Learn more about incoming student health record requirements here.](#)

Medical Services

UNH Health & Wellness provides comprehensive, student-focused, primary medical care through a team approach. The clinical staff consists of board-certified physicians, nurse practitioners, nurses, and medical assistants who are committed to prevention and holistic care. Primary medical care is provided for a large variety of common concerns. Examples include respiratory illnesses (including asthma), infections, injuries, skin concerns, digestive disorders, and mental health. Sexual/reproductive health services include family planning/contraceptive services, cervical cancer (Pap smears) screening/prevention, testing and treatment for sexually transmitted infections, pregnancy testing and counseling, limited sexual assault services, and more. Health resource nurses provide chronic illness support, and assist with problems arising from hospitalization, health leave of absence, and subsequent return to campus.

Other services include allergy/immunization services and travel health consultation. Students may speak by telephone with a health resource nurse for advice at any time, and after-hours nurse consultation is available when UNH Health & Wellness is closed. On-site clinical support services include laboratory, radiology, and pharmacy. Not all services are available during the summer or breaks. Read more [about medical services.](#)

For [emergencies and after-hours care](#), well-staffed and well-equipped community hospitals are nearby, and an emergency ambulance service is available in Durham at all times.

Health Leave of Absence

All undergraduate students seeking assistance with health-related (physical or mental) leaves of absence from the University, or those who will be out for extended periods of time due to health issues, should be in touch with the Executive Director of UNH Health & Wellness at (603) 862-1098. Read more about [health-related leave information.](#)

Living Well Services

Living Well Services coordinates health promotion activities on campus. Services provided include educational programs/workshops, individual and group support to promote personal and academic success and well-being, alcohol and other drug counseling, nicotine cessation services, nutritional counseling, wellness coaching (e.g., stress, sleep, behavior change), biofeedback, light therapy, and massage therapy. Read more about [Living Well Services.](#)